



## Heartland Forgiveness Scale

In the course of our lives negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you typically respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you typically respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

1	2	3	4	5	6	7
Almost Always False of Me		More Often False of Me		More Often True of Me		Almost Always True of Me

- \_\_\_ 1. Although I feel badly at first when I mess up, over time I can give myself some slack.
- \_\_\_ 2. I hold grudges against myself for negative things I've done.
- \_\_\_ 3. Learning from bad things that I've done helps me get over them.
- \_\_\_ 4. It is really hard for me to accept myself once I've messed up.
- \_\_\_ 5. With time I am understanding of myself for mistakes I've made.
- \_\_\_ 6. I don't stop criticizing myself for negative things I've felt, thought, said, or done.
- \_\_\_ 7. I continue to punish a person who has done something that I think is wrong.
- \_\_\_ 8. With time I am understanding of others for the mistakes they've made.
- \_\_\_ 9. I continue to be hard on others who have hurt me.
- \_\_\_ 10. Although others have hurt me in the past, I have eventually been able to see them as good people.
- \_\_\_ 11. If others mistreat me, I continue to think badly of them.
- \_\_\_ 12. When someone disappoints me, I can eventually move past it.
- \_\_\_ 13. When things go wrong for reasons that can't be controlled, I get stuck in negative thoughts about it.
- \_\_\_ 14. With time I can be understanding of bad circumstances in my life.
- \_\_\_ 15. If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them.
- \_\_\_ 16. I eventually make peace with bad situations in my life.
- \_\_\_ 17. It's really hard for me to accept negative situations that aren't anybody's fault.
- \_\_\_ 18. Eventually I let go of negative thoughts about bad circumstances that are beyond anyone's control.

## **HFS Scoring Instructions**

Four scores are calculated for the Heartland Forgiveness Scale (HFS):

Total HFS (items 1-18)

HFS Forgiveness of Self subscale (items 1-6)

HFS Forgiveness of Others subscale (items 7-12)

HFS Forgiveness of Situations subscale (items 13-18)

### **To score the HFS:**

1. Scores for items 1, 3, 5, 8, 10, 12, 14, 16, & 18 are the same as the answer written by the person taking the HFS. Scores for items 2, 4, 6, 7, 9, 11, 13, 15, and 17 are reversed. For example, an answer of 1 is given a score of 7 and an answer of 7 is given a score of 1.
2. To calculate the Total HFS, HFS Forgiveness of Self, HFS Forgiveness of Others, and HFS Forgiveness of Situations, sum the values for the items that compose each scale or subscale (with appropriate items being reverse scored). Scores for the Total HFS can range from 18 to 126. Scores for each of the three HFS subscales can range from 6 to 42.

## **Interpreting HFS Scores**

### **Total HFS**

One's score on the Total HFS indicates how forgiving a person tends to be of oneself, other people, and uncontrollable situations. **Higher scores indicate higher levels of forgiveness, and lower scores indicate lower levels of forgiveness.**

- A score of 18 to 54 on the Total HFS indicates that one is usually unforgiving of oneself, others, and uncontrollable situations.
- A score of 55 to 89 on the Total HFS indicates that one is about as likely to forgive, as one is not to forgive oneself, others, and uncontrollable situations.
- A score of 90 to 126 on the Total HFS indicates that one is usually forgiving of oneself, others, and uncontrollable situations.

### **HFS Subscales**

One's score on the three HFS subscales indicate how forgiving a person tends to be of oneself (HFS Forgiveness of Self), other people (HFS Forgiveness of Others), or situations beyond anyone's control (HFS Forgiveness of Situations). **Higher scores indicate higher levels of forgiveness, and lower scores indicating lower levels of forgiveness.**

- A score of 6 to 18 on HFS Forgiveness of Self, HFS Forgiveness of Others, or HFS Forgiveness of Situations indicates that one is usually unforgiving of oneself, other people, or uncontrollable situations, respectively.
- A score of 19 to 29 indicates that one is about as likely to forgive as to not forgive oneself, other people, or uncontrollable situations, respectively.
- A score of 30 to 42 indicates that one is usually forgiving of oneself, other people, or uncontrollable situations, respectively.

*Source: Thompson, L. Y., & Snyder, C. R. (2003). Measuring forgiveness. In Shane J. Lopez & C. R. Snyder (Eds.), Positive psychological assessment: A handbook of models and measures (pp. 301-312). Washington, DC, US: American Psychological Association.*